

Cardiac Arrest Survivor Celebration Day

Presented by Councilmember Raul A. Campillo

December 9, 2021

WHEREAS, heart disease affects men, women, and children of every age and race in the United States and it continues to be the leading cause of death in America; **and**

WHEREAS, approximately 365,000 emergency medical services treated out-of-hospital Cardiac Arrests occur annually nationwide, and roughly 92 percent of sudden cardiac arrest victims die before being discharged from a hospital; **and**

WHEREAS, sudden cardiac arrest results from an abnormal heart rhythm in most adults, often ventricular fibrillation, and only 1/3rd of out-of-hospital cardiac arrest victims receive bystander Cardio-Pulmonary Resuscitation (CPR); **and**

WHEREAS, prompt delivery of CPR more than doubles the victim's chance of survival by helping to maintain vital blood flow to the heart and brain, increasing the amount of time in which an electric shock from a defibrillator may be effective; **and**

WHEREAS, an automated external defibrillator (AED), even when used by a bystander, is safe, and if used immediately after the onset of sudden cardiac arrest, is highly effective in terminating ventricular fibrillation so the heart can resume a normal rhythm; **and**

WHEREAS, for every minute without bystander CPR, survival from sudden cardiac arrest decreases by 7-10 percent, but the interval between the 911 telephone call and the arrival of Emergency Medical Services personnel is usually longer than five minutes; **and**

WHEREAS, because of this, a cardiac arrest victim's survival is likely to depend on a public that is trained in CPR and AED use, and that has access to these life-saving devices; **and**

WHEREAS, The American Heart Association, the American Red Cross, the National Safety Council and our local San Diego Project Heart Beat are leading the cause, enjoined by the Citizen's CPR Foundation, to save more lives from Cardiac Arrest through spreading awareness of the dangers faced by sudden cardiac arrest, facilitating trainings in CPR and AED use, and advocating for increased availability of AED's throughout San Diego County; **and**

WHEREAS, the City of San Diego encourages all residents to receive training in CPR, and learn how to properly use an AED device so that they may be ready to save the life of a fellow San Diegan; **NOW, THEREFORE,**

BE IT PROCLAIMED, by the Council of the City of San Diego, that this Council, for and on behalf of the people of San Diego, does hereby proclaim **December**

9, 2021, to be "**Cardiac Arrest Survivor Celebration Day**" in the City of San Diego.